

# September Lunch Club 60 Menu

Serving Time: 11:30 am  
Menu items subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>All meals served with milk, bread and margarine.</b></p> <p><b>Soup served with crackers.</b></p>	<p><b>Funding</b> This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, Monroe County Dept. of HS/Office for the Aging</p>		<p>1 Braised Pork Chop w/ Gravy Smashed Potatoes Pea &amp; Cheese Salad Rye Bread Mandarin Oranges</p>	<p>2 Macaroni &amp; Cheese Stewed Tomatoes Green Beans Wheat Bread Honeydew</p>
<p>5 CLOSED</p>	<p>6 BBQ Pulled Pork on a Bun Coleslaw w/Pineapple Wax Beans Pears</p>	<p>7 Salisbury Steak w/Mushroom Sauce Red Jacketed Potatoes Beets Wheat Bread Cantaloupe</p>	<p>8 Tacos w/ Ground Beef, Cheese, Shredded Lettuce, Tomato Wedges, Salsa &amp; Sour Cream Southwestern Chicken Soup Petite Banana</p>	<p>9 White Chicken Chili Tossed Lettuce Salad w/ French Dressing Spinach Oyster Crackers Fresh Orange</p>
<p>12 Meatballs Pasta &amp; Sauce Tossed Lettuce Salad Italian Dressing Tuscany Blend Vegetables Breadstick Mandarin Oranges</p>	<p>13 Rosemary Oven Brownd Chicken ¼ Mexican Bean Soup Sweet Potatoes Wheat Bread Pineapple</p>	<p>14 Individual Meat Loaf w/ Vegetable Gravy Scalloped Potatoes Broccoli Rye Bread Fruit Cocktail</p>	<p>15 Breaded Haddock w/ Tartar Sauce Minestrone Coleslaw w/out Pineapple Wheat Bread Peaches</p>	<p>16 Braised Pork Chop w/Gravy Mashed Potatoes Romaine Spinach Salad w/ Ranch Dressing 12 Grain Bread Applesauce</p>
<p>19 Chicken Stuffed w/Broccoli &amp; Cheese Grape Juice Scandinavian Blend Vegetables Lima Beans 12 Grain Bread Oatmeal Raisin Cookie</p>	<p>20 CSC Breakfast Today Goulash w/Ground Beef Vegetable Soup Romaine Spinach Salad w/French Dressing Dinner Roll Apricots</p>	<p>21 Sweet &amp; Sour Pork over Brown Rice Oriental Blend Vegetables Carrots Rye Bread Banana</p>	<p>22 Open Faced Hot Roast Beef Sandwich w/ Gravy Tomato Florentine Soup Mashed Potatoes 12 Grain Bread Fresh Apple</p>	<p>23 Oktoberfest Party  No Lunch Served</p>
<p>26 Italian Sausage w/Onions on Bun Beef Barley Vegetable Soup Peas Fresh Orange</p>	<p>27 Beef Stew over Warm Biscuit Tossed Lettuce Salad w/ Ranch Dressing California Blend Vegetables Fruited Gelatin w/ Whipped Topping</p>	<p>28 Meal Time Music Vegetable Lasagna Tossed Lettuce Salad w/ Italian Dressing Broccoli Italian Bread Fresh Apple</p>	<p>29 BBQ Chicken ¼ Navy Bean Soup Coleslaw w/Pineapple 12 Grain Bread Petite Banana  *Cupcakes*</p>	<p>30 Stuffed Cabbage w/ Sauce Mashed Potatoes Scandinavian Blend Vegetables Rye Bread Butterscotch Pudding</p>

# **Lunch Reservation Procedure**

## **(Please call 723-2425)**

- Meals are served daily from 11:30am-12:00pm
- Lunch is a suggested contribution of \$3.00 for any person 60 and older. For anyone under the age of 60, the meal cost is \$6.00 which will be collected at the front desk
- If you have not arrived by 11:45am for your lunch reservation, your meal may be given to any individual on our waiting list
- For a guaranteed meal, reservations need to be made 2 weeks in advance; upon availability reservations can be made up until the day of meal service
- All meal cancellations must be made by 10:00am the day before the meal is served

### **Medical Motors Transportation**

Daily transportation to the center for seniors 60 and older is provided through Medical Motors for Greece residents for the Nutrition Program and activities. There is a suggested contribution of \$2.00

- Pick-ups are between 7:00-9:00am, Mon-Fri
    - Returns are 12:30 & 2:30, Mon-Fri
- Pick up and return times are subject to change

Please call 723-2425 at least 24 hours in advance to sign up for transportation

**Please call Medical Motors at 654-7030 before 8:00am if you need to cancel on the day you are scheduled to be picked up.**

**3 Vince Tofany Blvd. Greece, NY 14612**  
**(585) 723-2425**  
**[www.greecenyny.gov](http://www.greecenyny.gov)**



## Monroe County Senior Nutrition Program

### Who is eligible to eat a meal?

- Any person age 60 or older, regardless of residency, is eligible to eat a meal. This includes staff members and volunteers at the meal site who are age 60 or older.
- A spouse of any age of an eligible participant as defined above.
- Disabled persons under the age of 60 who reside at the home of an eligible participant and accompany that person to the meal site.
- Disabled persons under age 60 who reside in housing facilities where congregate meals are served.
- Volunteers of any age who assist in the meal service during meal time.

### Who may 'contribute'?

- Includes all persons as described in the list above.
- No eligible person can be denied a meal because of inability or unwillingness to contribute.
- The suggested meal contribution is **\$3.00** per meal.
- All contributions are confidential and voluntary.

### Who must 'pay'?

#### Staff

- Staff under 60 years of age **must** pay \$6.00 per person.

#### Guests

- Guests under age 60 **must** pay \$6.00 per person.
- Guests include children, other relatives of participants (other than those noted as being eligible as noted above), employees of agencies, towns, counties, politicians, speakers, social workers, etc.

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability or marital status. This program is funded by participants' contributions, U.S. Administration on Aging, NY State Office for the Aging, NY State Dept of Health, and the Monroe County Dept of HS/Office for the Aging



# DIETITIAN'S DESK NEWSLETTER



SEPTEMBER 2016 EDITION

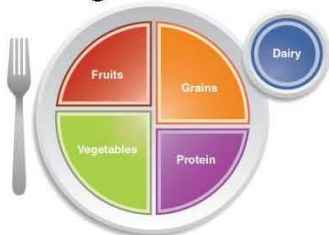
## Healthy Aging

### I. Balanced diet

- **Plant based nutrition:**

Fruits, vegetables, and whole grains should be the staples of your diet.

Your goal should be 2/3 of the plate!



- **Protein:**

Aim to have a healthy source of protein at each meal. Options include fish, poultry, lean meats, dairy, beans, nuts and seeds. Also vary your choices and try not to use only animal based options.

- **Fluids:**

Aim for 6-8 glasses of water per day depending on body size. Water should be your preferred source of hydration! Also, doctor's orders may override how much water you should be drinking, so check first!



- **Healthy substitutions:**

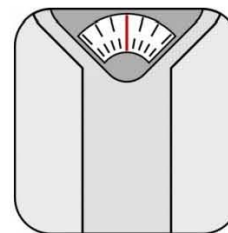
Always be on the lookout how you can take your meal or food idea and make it healthier! Here are some examples:

- White bread → Whole grain bread
- White rice → Brown rice
- Deep fried → Steamed or pan-fried
- Salad dressing → Olive oil and vinegar
- Added salt → Seasonings/spices
- Soda pop → Sparkling water + lemon
- Fruit juice → Whole fruit
- Ice cream → Frozen yogurt
- Potato chips → Plain popcorn
- Mayonnaise → Mustard
- Nacho cheese dip → Salsa



### II. Healthy weight

Carrying extra weight can increase your risk of certain illnesses, such as cancer, heart disease, diabetes, and joint problems. If you are following the guidelines from section I, you are off to a good start. Whole fruits and vegetables tend to make us full faster with less calories. Exercise also helps us burn those calories!



On the flip side, for many older adults the goal is to gain or maintain weight. Increasing portion sizes, adding sides or dressings, and even using supplements are all possible strategies. Exercise will be important to build muscle. Work with your physician or dietitian for specific strategies.

### III. Lifestyle

- **Exercise:**

Muscle strengthening exercises at least twice per week, and aerobic activity for 75-150 minutes per week based on intensity.



- **Alcohol:**

No more than 2 drinks per day for men, and 1 per day for women. Check with your doctor for a specific recommendation.

- **Medications:**

Be on the lookout for drug and food interactions. A very common one is with grapefruit juice. Check with your pharmacist or doctor.



- **Tobacco:**

Eliminate tobacco use in any form, including cigarettes. It is a primary cause of lung cancer, as well as contributing to many other health issues.



# Greece on the Go

Keeping **You** Moving in Greece and Beyond



## September 2016

### Adult Day Trips

**Wednesday, October 12**

#### **The Museum of Historic Palmyra**

Historic Palmyra has been saving history in Palmyra, NY since 1843. You will visit all five museums and the Old General Store—a curious retail time capsule for you to explore. We will begin the tour at 10:00am. There is walking and stair climbing throughout.

Lunch will be at the Muddy Water's on the Canal at your own expense.

Please wear comfortable shoes for walking.

**9:00am-3:00pm**

**\$10.00 per person**

**Wednesday, October 19**

#### **The Glenn H. Curtiss Museum & Finger lakes Boating Museum**

Two great trips in one day! Explore the Glenn H. Curtiss Museum which contains 60,000 square feet of displays and exhibits from planes to boats, motorcycles, cars, and much more. There will be a guided tour between 1-2 hours.

The Finger lakes Boating Museum has grown to house more than 150 boats built by 40+ commercial builders. The museum currently has three floors of the historic former Taylor Wine building with several exhibit spaces and a new wing that was renovated in 2015. The main building also contains an active boat shop where you can see current projects underway.

Lunch will be at the Park Inn Restaurant at your own expense.

Please wear comfortable shoes as there will be a lot of walking.

**9:00am-4:00pm**

**\$18.00 per person**

All trips depart and return from the  
Community & Senior Center  
3 Vince Tofany Blvd  
Greece, NY 14612

### Senior Lunch Trips

**Tuesday, September 6: Summerville Grill**

11:00am-1:30pm

\$2.00 to ride bus

**Wednesday, September 21: Antonetta's Italian Restaurant**

11:00am-1:30pm

\$2.00 to ride bus

### Grocery Shopping

**Friday, September 2: Trader Joes**

9:00am-11:30am

Medical Motors Transportation

**Friday, September 9: Wal-Mart in Greece**

9:00am-11:30am

Medical Motors Transportation

**Thursday, September 15: Public Market-Greece**

9:00-11:30am

Medical Motors Transportation

**Friday, September 30: Price Rite**

9:00am-11:30am

Medical Motors Transportation

#### **\*Please Note:**

For Trips Noted "Medical Motors Transportation" Through the Greece Community & Senior Center, for Greece Seniors, Medical Motors offers monthly trips to area grocery trips.

Transportation is free and **requires a minimum of 3 riders.**

You may sign up at the front desk ahead of time or by calling 723-2425.





# *Fall Fashion Show*

*Fashion Passion for a Cause*

**October 1, 2016**

Greece Community and Senior Center  
3 Vince Tofany Blvd. Greece, NY 14612  
(585) 723-2425

## **SCHEDULE**

Doors Open  
**11:30am**

Lunch  
**12:00pm**

Fashion Show  
**1:00pm**

*Fashion • Passion • For a Cause*



**Stein Mart**



**Tickets on Sale Monday, August 8, 2016**  
**Cost: \$7.00 per person**

To Benefit LAURA's  
GIFTS, a Greece based  
organization helping  
women with breast cancer.

**LAURA'S GIFTS**